



Alaska Family Nutrition Programs

Division of Public Assistance
Department of Health and Social Services



Our Mission:

To support Alaskan families in making nutrition decisions for life-long health and wellbeing.

Our Programs: (see page 2 for more information)

- Women, Infants and Children
- Commodity Supplemental Food Program
- Farmers' Market Nutrition Program
- Senior Farmers' Market Nutrition Program
- Supplemental Nutrition Program and Nutrition Education
- Breastfeeding Peer Counseling Program



Women, Infants and Children Supplemental Nutrition Program (WIC)

Accomplishments:

- **40** years providing healthy foods and nutrition information to Alaska's pregnant, breastfeeding, post-partum women and their children up to age 5.
- One Call Now- computerized automated client calling system implemented
- Roll out SPIRIT MIS System

Challenges:

- Caseload decreased 22% since 2009
- Low redemption of fruits and vegetable benefits in WIC (xx %) and FMNP (44%)
- WIC food available in all WIC approved stores statewide
- Reduce state costs and vendor penalties for rejected WIC checks that exceed allowable costs

FY 2014 Program Facts:

- Federal funds \$24 million
- State Funds \$317,090
- Caseload
 - FY 12 25,369
 - FY 13 23,836
 - FY 14 20,735
- Potential Caseload **24,937**
- WIC food dollars spent/month -- \$1million
- 13 WIC clinics/21 sites

Positive Health Outcomes:

- Improves birth outcomes and saves on health care costs
- Improves infant/child intellectual development and eating behaviors
- Improves rates of childhood immunization

Most Frequently Assigned Nutrition Risk Factors:

- Anemia
- Overweight women
- Overweight or at risk of overweight children
- High maternal weight gain
- Sugar containing fluids

Alaska WIC Data:

- Breastfeeding initiation 85%
- Infants and Children Overweight 7.2%
- Infants and Children at Risk for Overweight 5.7%
- 2-5 Year Old Children Obese 23%

Program Changes and Challenges

- Addition of low-fat dairy, yogurt, and white potatoes



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Additional Alaska FNS Programs and Projects:



Commodity Supplemental Food Program (CSFP) (\$153,000) offers food boxes to income-eligible seniors. Programs located in Anchorage/ Mat-Su and Fairbanks, Kenai Peninsula, Wrangell, Copper, Center, and bush Alaska Sites. Average monthly participation is 2,100.



WIC Farmers' Market Nutrition Program (FMNP) (\$179,000) provides vouchers for WIC participants to purchase locally grown fruits and vegetables at Farmers' Markets. In FFY 14, the program served 5,965 participants in Anchorage, Mat-Su, Kenai Peninsula, Dillingham, Bethel, Sitka, Petersburg, Fairbanks & surrounding areas. Challenges include 61% of issued vouchers were used in FSY 14, clients needing transportation to markets, and need for outreach to clients about markets.

Senior Farmers Market Nutrition Program (SFMNP) (\$87,000) provides coupons to low income-eligible seniors to purchase locally grown fruits and vegetables at Farmers' Markets. Program is offered in Anchorage/Mat-Su and Fairbanks, Kenai Peninsula, Dillingham, Copper Center and Bethel regions with 2,350 participating seniors.



Supplemental Nutrition Program and Nutrition Education and Obesity Prevention (SNAP-ED) (approx. \$509,795) provides funding for nutrition education and obesity prevention activities for SNAP (Food Stamps) eligible infants to adults. Strategies include multi-level, community, and public health partnerships that work on USDA supported messages of healthy foods and active lifestyles. In FFY 14, a needs assessment identified program goals, target populations, and service areas for use in the FY 16 competitive grant process.



Breastfeeding Peer Counseling Program (BFPC) (\$308,801) grants to eight WIC grantees to provide breastfeeding support to WIC clients outside WIC hours including cell phone, text and Facebook page opportunities. In SFY 14, there were 9980 BFPC contacts.

How you can help:

- Support and encourage breastfeeding mothers and their families.
- Support and encourage breastfeeding in your organizations and communities.
- Use the FNP website for program updates, local service providers, and nutrition information and resources.

Questions: Kathleen Wayne MS, RD, LD/ FNP Manager/ Kathleen.Wayne@alaska.gov/ 907-465-8636

Visit our Website! <http://dhss.alaska.gov/dpa/Pages/nutri/wic/default.aspx>